

**Swimming South Africa
Registration Data - 2008 / 2009**

RECORDS Africa-Long Cou

LC Meters-Women

Open	50 Free	25.24	1-Apr-08	RSA ZZ	LIZE-MARI RETIEF at Telkom SA National Aquatic Championships 2008
	100 Free	55.19	21-Sep-00	RSA	Helene K Muller at 2000 Sydney Olympics RSA
	200 Free	1:59.76	1-Apr-08	RSA ZZ	Melissa J. Corfe at Telkom SA National Aquatic Championships 2008
	400 Free	4:08.70	1-Apr-08	RSA ZZ	Melissa J. Corfe at Telkom SA National Aquatic Championships 2008
	800 Free	8:31.53	25-Mar-07	RSA ZZ	WENDY A. TROTT at 12th FINA World Championship 2007
	1500 Free	16:15.58	1-Apr-08	WPA WP	WENDY A. TROTT at Telkom SA National Aquatic Championships 2008
	50 Back	28.89	16-Jul-07	ZIM	Kirsty Coventry-Alger
	100 Back	59.42	7-Mar-08	ZIM	Kirsty Coventry-Austin
	200 Back	2:06.39	16-Feb-08	ZIM	Kirsty Coventry-Columbia
	50 Breast	30.83	28-Aug-99	RSA	Penelope Heyns Pan Pacific Sydney RSA
	100 Breast	1:06.52	23-Aug-99	RSA	Penelope Heyns Pan Pacific Sydney RSA
	200 Breast	2:23.64	27-Aug-99	RSA	Penelope Heyns Pan Pacific Sydney RSA
	50 Fly	26.48	1-Apr-08	RSA ZZ	LIZE-MARI RETIEF at Telkom SA National Aquatic Championships 2008
	100 Fly	58.68	1-Apr-08	RSA ZZ	LIZE-MARI RETIEF at Telkom SA National Aquatic Championships 2008
	200 Fly	2:10.58	19-Sep-00	RSA	Mandy Loots 2000 Sydney Olympic Games RSA
	200 IM	2:10.08	21-Feb-08	ZIM	Kirsty Coventry -Columbia
	400 IM	4:34.25	7-Mar-08	ZIM	Kirsty Coventry-Austin
	400 Free Relay	3:47.99	20-Mar-06	RSA	RSA-Melbourne-L M Retief-L Roets-M Rogers-K Vanheerden
	800 Free Relay	8:19.43	18-Mar-06	RSA	RSA-Melbourne-L Vorster-K Vanheerden-W Trott-M Rogers
	400 Medley Relay	4:03.62	6-Apr-08	RSA	RSA-Durban SA Nationals-M Corfe-S v Biljon-A Loots-L M Retief

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RECORDS Africa-Long Cou

LC Meters-Men

Open	50 Free	21.69	24-Jul-05	RSA	Roland M Schoeman at RSA 11th Fina World Swimming Championship
	100 Free	48.17	15-Aug-04	RSA	Roland M Schoeman 2004 Olympic Games Athens RSA
	200 Free	1:45.85	1-Apr-08	RSA ZZ	JEAN BASSON at Telkom SA National Aquatic Championships 2008
	400 Free	3:46.08	24-Jul-05	TUN	Oussama Mellouli (TUN) 11th Fina World Swimming Championships
	800 Free	7:51.03	27-Jul-05	TUN	Oussama Mellouli-Montreal
	1500 Free	15:00.48	23-Sep-00	RSA	Ryk F Neethling 2000 Sydney Olympics RSA
	50 Back	24.98	25-Mar-07	RSA ZZ	Gerhard ZANDBERG at 12th FINA World Championship 2007
	100 Back	54.54	25-Mar-07	RSA ZZ	Gerhard ZANDBERG at 12th FINA World Championship 2007
	200 Back	1:58.81	14-Dec-06	BLSS FS	George DU RAND at KZN Provincial Championships 2006
	50 Breast	27.49	25-Mar-07	RSA	Cameron VD Burgh at 12th Fina World Champs 2007
	100 Breast	1:01.04	1-Apr-08	NTS NT	CAMERON VD BURGH at Telkom SA National Aquatic Championshi
	200 Breast	2:11.88	1-Apr-08	NTS NT	WILLIAM G. DIERING at Telkom SA National Aquatic Championship
	50 Fly	22.96	24-Jul-05	RSA	Roland M Schoeman at RSA 11th Fina World Swimming Championship
	100 Fly	51.85	25-Mar-07	KEN	Jason Dunford at 12th FINA World Championship 2007
	200 Fly	1:58.03	1-Apr-08	RSA ZZ	SEBASTIEN D. ROUSSEAU at Telkom SA National Aquatic Champio
	200 IM	2:01.00	24-Jul-05	TUN	Oussama Mellouli Almeria
	400 IM	4:13.47	31-Jul-05	TUN	Oussama Mellouli Almeria
	400 Free Relay	3:13.17	15-Aug-04	RSA	RSA R Schoeman, L Ferns, D Townsend, R Neethling 2004 Athens Oly
	800 Free Relay	7:15.21	6-Apr-08	RSA	RSA-Durban-Sa Nat-J Basson-S Rousseau-J Venter-D townsend
	400 Medley Relay	3:35.92	1-Apr-07	RSA	RSA G Zandberg-C vd Burgh-L Ferns-R Neethling-Melbourne